

Asparagus

Asparagus is a gentler green vegetable and can be baked in casseroles, boiled on the stove, or heated in the microwave. It is the least likely of the greens to cause an upset stomach. When chopped and baked in a casserole, they're often indistinguishable from green beans. Microwave cooking is tricky, especially with stringy asparagus. When boiled on the stove, they can be cooked until tender. Adding extras, such as butter, ham, or bacon bits will improve the taste, and potentially alter in a positive way, the minerals and vitamins within the asparagus so that they are absorbed better.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Asparagus
- Bacon bits (gluten)
- Butter (lactose)
- Pepper
- Spices

Meatless Preparation Avoid:

- Bacon bits

- Butter

Substitute with: _____

Utensils:

Chopping board

Fork

Knife

Pot holders

Spoon

Pan: 1 quart sauce pan

Ingredients:**Meat:****Optional:**

1/4 cup of bacon bits

Vegetables:

15 ounces of cut asparagus

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 5 minutes

Preparation:

1. Wash and chop 15 ounces of cut asparagus.
2. Add to 1 quart sauce pan:

15 ounces of cut asparagus

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Optional:

1/4 cup of bacon bits

3. Cook over medium heat.

4. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 2 to 3

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:**Microwave: Time and temp may vary.**

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.